



UNITED STATES MARINE CORPS

MARINE DETACHMENT
FORT GEORGE G. MEADE
BUILDING 8607 6th ARMOR CALVARY ROAD
FORT MEADE, MARYLAND 20755-5620

IN REPLY REFER TO:

DetO 6100.1A

CO

22 Apr 09

DETACHMENT ORDER 6100.1A

From: Commanding Officer
To: Distribution List

Subj: MARINE DETACHMENT COMBAT CONDITIONING PROGRAM (CCP)

Ref: (a) MCO P6100.13
(b) DetO 6100.1

1. Purpose. To publish the policies and regulations of the Marine Detachment Combat Conditioning Program as stipulated by Reference (a).
2. Policy. Every Marine must be physically fit, regardless of age, grade, or duty assignment. Because fitness is essential to the individual Marine's success in combat and elsewhere, as well as being an indispensable aspect of leadership, the self-discipline required to gain and maintain a high level of physical fitness is inherent to the Marine Corps way of life.
3. Cancellation. DetO 6100.1.
4. Combat Conditioning Program. In accordance with Reference (a), the MarDet CCP requires each Marine to participate in a minimum of five half hours periods of physical conditioning each week and to obtain a minimum of a third class score on the semi-annual Physical Fitness Test (PFT) and Combat Fitness Test (CFT). To ensure these goals are met, the weekly CCP schedule consists of the following:
 - a. Monday and Wednesdays: PT is conducted at 0500 and consists of strength training and some type of cardiovascular activity designed to improved overall

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conditioning. These sessions are run by the CPTR or CCI and attended by all students in the grades of E-5 and below.

- b. Tuesday PT is conducted at 0500 and consists of sports or squad PT, and is designed to enhance esprit de corps and provide low-impact conditioning. This PT session is conducted by student leadership and must be attended by all pipeline students in the grades E-3 and below.
- c. Thursday PT begins at 1630 and is run by the CCI or a designated individual and normally consist of 30 minutes of upper body conditioning and or MCMAP sustainment training.
- d. Friday PT begins at 0500 and is run by the Detachment Commander or a designated individual and normally consists of calisthenics and a formation run. All Marines are required to attend this PT session.
- e. Uniform. The uniform for all physical training sessions will be the standard Marine green-on-green uniform. Marines will ensure they have a complete uniform (sweat top, bottoms, watch cap and gloves) available at all times. A yellow reflective belt will be worn without exception.

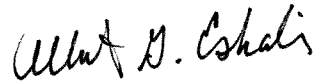
4. Physical Fitness Test. In accordance with Reference (a), all personnel assigned to the MarDet will run two PFTs per year (the first between 1 January and 30 June, and the second between 1 July and 31 December). There will be multiple opportunities to run the PFT during each semi-annual period, and all personnel will take and pass a PFT prior to executing Permanent Change of Station Orders (PCSO) or attending a formal school.

5. Combat Fitness Test In accordance with Reference (a), all personnel assigned to the MarDet will run two CFTs per year. There will be multiple opportunities to run the CFT during each semi-annual period, and all personnel will take and pass a CFT prior to executing Permanent Change of Station Orders (PCSO) or attending a formal school.

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6. Remedial Conditioning Program. All Marines who fail the semi-annual PFT, CFT, fail to meet acceptable fitness requirements or assigned to Military Appearance and Body Composition Programs will be assigned to the Remedial Conditioning Program.

7. Body Composition and Military Appearance Program. All Marines checking in/out of the MarDet will have their height and weight recorded, and if necessary, be evaluated for adherence to body fat standards. Additionally, weigh-ins will be conducted no sooner than seven days before or after scheduled PFTs and CFTs. Strict adherence to BCP and MAP will be conducted in accordance with Reference (a).



A. G. ESKALIS

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